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**FISCAL YEAR 2006  
CHILD AND ADULT CARE FOOD PROGRAM  
OPERATIONAL MEMO #22**

**TO:** Child and Adult Care Food Program Institutions

**FROM:** Mary Ann Chartrand, Director  
Grants Coordination and School Support

**DATE:** June 16, 2006

**SUBJECT: Mealtime Memo for Child Care**

Enclosed are nine issues of the *Mealtime Memo for Child Care*. The titles are, "Healthy Cooking with Limited Equipment," "Computer Basics for Child Care," "Happy Care Givers Mean Happy Children," "Soup is on!," "Hot Breakfasts," "Good Nutrition – What is it?," "Introducing New Foods!," "Fruits and Vegetables – A Rainbow of Choices," and "Dairy Foods for Strong Bones and Teeth."

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and emphasize that physical activity will help children grow healthy. Subsequent issues of the *Mealtime Memo for Child Care* will be provided when published.

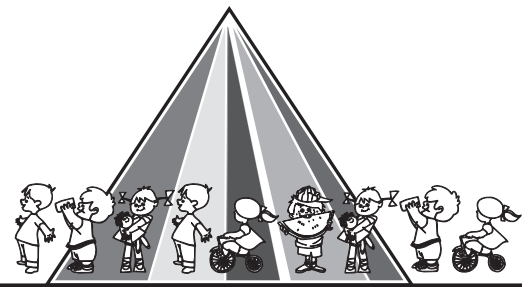
If you have any questions regarding this publication you may contact the Child and Adult Care Food Program staff at (517) 373-7391.

**Please keep this memo on file or in a notebook for quick and easy reference.**

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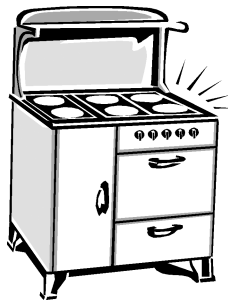
## Healthy Cooking with Limited Equipment

You read a recipe and say - "But I don't own a steamer or a steam jacketed kettle." The truth is quality meals can be provided from a kitchen even with limited equipment. Each standard piece (such as an oven or cook top) can be used as a tool for more than one cooking method. Let's look at how to make what we have flexible.

Begin by making sure the equipment is in good working order, and that you are using it correctly.

### Proper Use of Equipment

Follow the directions from the manufacturer. If you have questions about use, ask for help - phone numbers or Web sites are useful. You may want to call NFSMI's Help Desk at 800-321-3054 for information.



Using the right pot or pan increases flexibility and most equipment can be used for more than one cooking method. An oven, stove top, or flat top/griddle, can act as a heat source for:

- preheating pans for searing.
- heating liquid for simmering, poaching, and boiling.
- baking, roasting, braising, or stewing.

### Steaming

This is the best method to cook vegetables and grains since fewer nutrients are lost in cooking.

**Oven** - A two-pan setup with water in the bottom pan and a pan with holes on top of it can make a useful oven steamer. Here is an example for preparing 50 servings of a vegetable.

1. Preheat oven to 350 °F.
2. Place quantity to yield 50 1/4-cup servings of fresh or frozen vegetable in a perforated 12 x 20 x 2 inch pan. Then place the pan in a 4-inch deep counter pan that contains 2 cups of water.
3. Cover both pans tightly with foil.
4. Place the covered pans in the preheated oven until the vegetable is fork tender. (Times will vary with vegetables.)
5. Drain the excess liquid from the cooked vegetable.
6. Season with herbs and spices. (Limit salt to 1/4 teaspoon for 50 servings.)
7. Serve the vegetable at once.

For flavorful steamed vegetables use vegetable stock and crushed cloves of garlic in the bottom hotel pan to give more flavor.

**Stove Top and Flat Top** - The same two-pan setup can be used on the stove top or flat top as long as the pans are covered or wrapped to trap the steam. If a pot is used, be careful to not overload the vegetables or the bottom will cook more than the top. A steamer is also an option.

### Braising and Stewing

Braising and stewing are methods often used for tougher cuts of meat to make them tender.

**Oven** - Preheat the pan in the oven to sear the meat and then lower oven temperature. Add other items and liquid and wrap pan with foil to trap in moisture and slowly cook all items.

**Stove Top and Flat Top** - Preheat pan. Sear meat and then lower heat and add other items and liquid. Cover and cook slowly until fork tender.

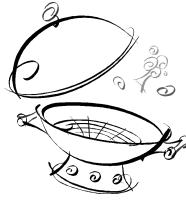


# Mealtime Memo FOR CHILD CARE

## Stir Frying and Sautéing

You use very little oil with stir frying and sautéing. Cooking the food quickly helps keep the nutrients in the food.

- Use bite sized food items.
- Add food that takes longer to cook first (e.g. fresh carrots before corn kernels or mushrooms).



**Stove Top** - Preheat pan with a little oil and use a high heat. Add food to hot pan, stirring constantly, until all items are cooked.

**Flat Top** - Preheat flat top with a little oil and with high heat. Stir items constantly until all food is cooked.

## Roasting and Baking

**Oven** - Preheat the oven as indicated in recipe. Use a pan that is wide and less than 4 inches tall. Rotate during cooking to make sure food bakes evenly. Use a rack if roasting meat so it does not sit in the food drippings and air can circulate around the food.

## Reheating

Always bring food to an internal temperature of 165 °F.

**Oven** - In a preheated oven reheating foods can cause drying of items unless liquid is added or the pan is covered with foil.

**Stove Top and Flat Top** - When reheating canned or frozen foods on a stove or flat top, use a low to medium flame to prevent burning.

**Microwave** - Using a microwave to reheat food can be useful for small quantities, but make sure the container is safe for use in the microwave and no metal is used. Stir contents to make sure all food is heated evenly.

## Poaching and Simmering

Good for large cuts of meat, chicken breast, and fish (also fruits such as apples, pears and plums). The food is covered by liquid. The temperature is even and just below the boiling point. (Poaching is between 180-185 °F and simmering between 185-200 °F.)

**Oven** - Preheat the oven and use a thermometer to check the temperature until it reaches 230 °F (oven heat is not direct like the flame from a burner). Place a pan

in the oven with a flavorful poaching liquid, allow the liquid to come to 185 °F, add food and cook until done.  
**Stove Top and Flat Top** - Use a shallow pan for poaching; add a flavorful poaching liquid and when the liquid comes to 185 °F add the food.

## Boiling

**Oven** - Preheat the oven using a thermometer to 300 °F. Place a pan in the oven with liquid to boil and when liquid reaches 212 °F begin cooking.

**Stove Top and Flat Top** - Use the right size pan for boiling based on the amount of item being cooked. First allow the water to reach 212 °F then add the food for cooking unless the recipe says otherwise.

When a recipe calls for blanching, dip the food into boiling water for a very short time to partially cook the food to the desired doneness. Place in ice water to chill quickly and stop cooking.

## Maintenance

- Check external and internal equipment thermometers.
- Calibrate equipment as needed - including thermometers. (Check out *Thermometer Information Resource* at [http://www.nfsmi.org/Information/thermometer\\_resource.html](http://www.nfsmi.org/Information/thermometer_resource.html) for specific instructions on calibration.)
- Clean all equipment after each shift.
- Make sure to check all units for safety concerns regularly.

### Additional Resources for Cooking with Limited Equipment

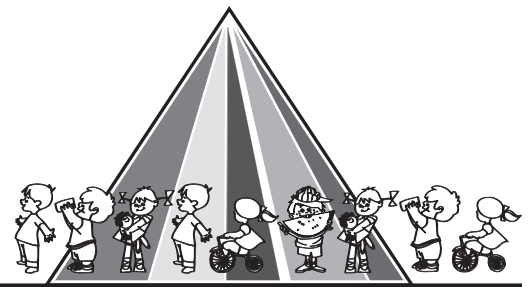
*Culinary Techniques: Cooking with Flair*  
<http://www.nfsmi.org/interactive/culindex.html>  
*and recipes*  
<http://www.nfsmi.org/interactive/recipes/index.html>

*Food Storage*  
<http://www.nfsmi.org/Information/Newsletters/meme2005-4.pdf>

## Sources:

National Food Service Management Institute. (2002). *Serving it safe (2nd ed)*. University, MS: Author.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.



## Computer Basics for Child Care

### Computers and the Internet

Do you want to write a menu or a newsletter? Do you have a food-related question you want to ask others working in Child Care? Do you want to find a recipe quickly? Do you want to keep records in one place for easy access? Do you want to record numbers about meals served and costs and have them added for you?

Welcome to the world of computers and the Internet - tools that can make these tasks easier.

### The Parts of Your Computer

**CPU** - The inner workings of your computer is the CPU. In your desktop PC the CPU is housed in a tower that has “drives” or slots for CDs and DVDs.



**Keyboard** - Type information on the keyboard as you would on a typewriter.

**Mouse** - The mouse lets you move the cursor around the computer screen and in the document you are creating. It moves in any direction as you slide the mouse on either the surface of a desk or a “mouse pad.” If you click the left side button of the mouse, the line or “cursor” goes to that location on your screen.



**Monitor** - The monitor is the computer screen that shows you the data you are working with.

All of these parts are wrapped up into one single unit in a laptop computer.

### Programs or Applications

Your computer uses programs or applications to process information, or data. When you purchase your computer, it will come loaded with an operating system such as Windows XP and usually some common software programs.

**Word processing** - This is probably the most used function on a computer. Word processing programs are used to create and edit documents with words, also called “text”. Examples of these programs are Microsoft Word® and WordPerfect®.

They let you:

- create a document.
- store it on the computer.
- display the text on a screen.

**Spreadsheets** - Some programs are designed to let you type in numbers and calculate totals much like a calculator. A spreadsheet organizes numbers, like budgets, the number of children you have served a meal, or the cost of purchasing food. A spreadsheet can perform simple or complex calculations on the numbers you enter in rows and columns. Examples of spreadsheet applications include Microsoft Excel®, Lotus 1-2-3®, and Quattro Pro®.

They let you:

- create a simple form to track expenses or other information.
- do calculations ranging from simple addition to long equations.
- save the files for on-going records keeping.



# Mealttime Memo FOR CHILD CARE

## The Internet

The Internet connects you to a huge amount of information. Many state agencies now require claims to be made online. Contact your state agency or sponsor to find out about your state.

**The World Wide Web** - On the World Wide Web, a browser program takes you to information resources, such as Web pages and other computer files, using their network addresses, and displays the information on your computer monitor. An example of a Web page is <http://www.nfsmi.org>; this is the address, or URL, for the National Food Service Management Institute Web site home page.



**Browser** - A browser is a program that lets you access and use the World Wide Web (e.g. Internet Explorer®, Netscape®).

**E-mail** - With e-mail or electronic mail, you can send and receive messages over the Internet. Use an e-mail address, such as [suzieq@xyz.com](mailto:suzieq@xyz.com) to send someone a message. You must have an e-mail address to do this.

**Electronic Mailing List (EML)** - An electronic mailing list has many e-mail addresses under one “list” name. When an e-mail is sent to the list address, the e-mail goes to all the addresses on the list. You usually must subscribe to be on a particular list or “discussion group.” The address looks like a regular e-mail address.

A list that is helpful to Child Care providers is the USDA CACFP-Summertalk discussion group, and it is found on the Web at <http://www.nal.usda.gov/childcare/Cacfp/subscribeacfp-summeralk.html>.

On that Web page you will be given instructions on how to participate in the list. It is a great way to share information, get questions answered, and network with other providers.

## Sources:

Schueller, U., & Veddeler, H (1996). *Upgrading and maintaining your PC*. (5th edition). Grand Rapids, MI: Abacus Software Inc.

National Food Service Management Institute. (2005). *Food Purchasing for Child Care Centers*. University, MS: Author.

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**Electronic Newsletters** - Mealttime Memo for Child Care is posted on the NFSMI Web site at <http://www.nfsmi.org>. You can subscribe to an electronic mailing list that lets you know when a new issue has been posted online.

Many child care associations have newsletters that are sent via e-mail or have a service to let you know when the latest issue is online.

Like Mealttime Memo for Child Care, most of these have back issues posted on their Web site.

## Online Recipes

NFSMI has published the USDA's Recipes for Child Care on the Web site.

## Useful Web Sites

NFSMI is continually adding new information and resources to their Web site at <http://www.nfsmi.org>.

Other informative Web sites:

- USDA Food and Nutrition Services Web site for CACFP at <http://www.fns.usda.gov/cnd/care/>.
- National Association of Family Child Care (NAFCC) at <http://www.nafcc.org>.
- The CACFP Sponsor's Association at <http://www.tsa@cacfp.org>.
- The National Child Care Information Center at <http://nccic.acf.hhs.gov/>

## Interactive Forms on the Web

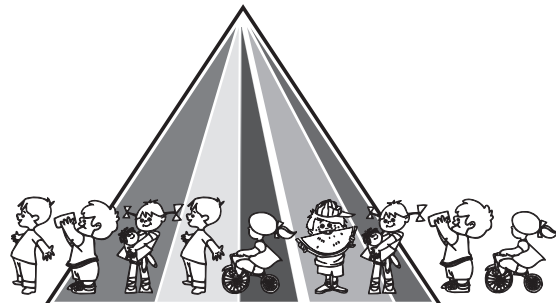
Food Purchasing for Child Care Centers has useful forms for temperature control and grocery lists in the appendices. Download it at [http://www.nfsmi.org/Information/cc\\_purchasing.htm](http://www.nfsmi.org/Information/cc_purchasing.htm)

NFSMI's Food Safety Standard Operating Procedures includes forms for records at <http://sop.nfsmi.org/HACCPBasedSOPs.php>



# Mealtime Memo

## FOR CHILD CARE



No. 12 2005

## Happy Care Givers Mean Happy Children

### Make your workplace a happy place

*“Our favorite recipe: A happy staff equals happy children.” Marge Schofield*

A good caregiver should be well trained, warm, and loving toward children. According to the Mississippi Department of Health:

A good child care giver is:

- warm and friendly
- someone your child will enjoy being with
- someone who seems to feel good about her self and her job

These are traits that parents look for in choosing someone to care for their child. They are traits that we look for in someone we would like to work with or have as a friend. And they are traits that will help you make your workplace a fun, happy place where you, your co-workers, and the children you care for are glad to be each day.



### Make up your mind to be happy

Abraham Lincoln said, “Most folks are as happy as they make up their minds to be.”

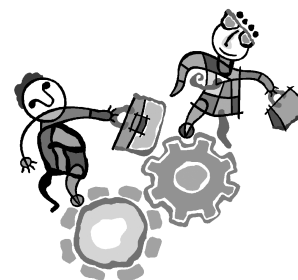
Most child care givers are drawn to the profession from the heart.

Workers are happiest when they enjoy their work, feel that they are appreciated, and feel that they make a difference.

What makes you feel good about yourself and the job that you do? What puts you in a cheerful mood and makes you smile?

### Some tips to have a great day at work:

- **Pack up your worries in an old camp bag and smile, smile, smile!**
  - Leave your worries in a box by the door.
  - Worrying never helps any thing, and it saps your energy and enthusiasm.
  - Smile! Smiling makes you feel better. Try it!
- **Have a sense of humor.**
  - Look for fun things to share with co-workers and the children.
  - Learn to laugh at yourself.
  - Look for upbeat jokes and cartoons to share. Naturally, you'll want to avoid hurtful, mean-spirited jokes at another's expense, and remember, never make fun of another. Stay away from ethnic, racial, or sexual jokes in your workplace. They just aren't funny.



# Mealtime Memo FOR CHILD CARE

- **Treat others with respect.**  
R-E-S-P-E-C-T! Find out what it means to yourself, to your co-workers, and to the children in your care.
  - Try to look at situations through the others' eyes.
  - Trust that the other person has good intentions.
  - Honor your own integrity.
  - Be true to yourself.
- **Appreciate, appreciate, appreciate.**  
Think about what you like about another, about a child, about the workplace, and about your life.
  - It's okay to be a Pollyanna. Look for something to appreciate.
  - If you can't see something to be glad about in the moment, have a stock of good memories to draw on to put yourself in a good mood.
- **Conflicts will arise.**
  - Don't take it personally.
  - Take a break and step back before things overheat.
  - Talk honestly and directly. Give the other person a chance to explain.
  - Look for the win-win solution.

## The manager's part

As a manager you have a great opportunity to help create a happy workplace.

You can't make others be happy. But you can create an environment where they feel valued and where their self-esteem is handled with care.

## Skills in building positive relationships

- Establish trusting relationships with employees, co-workers, and children.
- Listen more than talk. Focus on the person speaking and really hear them.
- Speak directly. Say what you mean and mean what you say.
- Give others the information they need.
- Take responsibility.
- Give praise wherever and whenever it is deserved.
- See mistakes as learning opportunities.
- Keep an optimistic attitude about people (including yourself).
- Use common courtesies.
- Apologize for mistakes or for treating others without respect.
- Be friendly, positive, and upbeat.

## Sources

Mississippi Department of Health. A Checklist for Parents. <http://www.msdh.state.ms.us/msdhsite/> .

National Food Service Management Institute. (2001). *Creating a Motivating Workplace. Building Human Resource Management Skills: Management Skills for Success*. University, MS: Author.

National Food Service Management Institute. (2001). *Delegating and Empowering. Building Human Resource Management Skills: Management Skills for Success*. University, MS: Author.

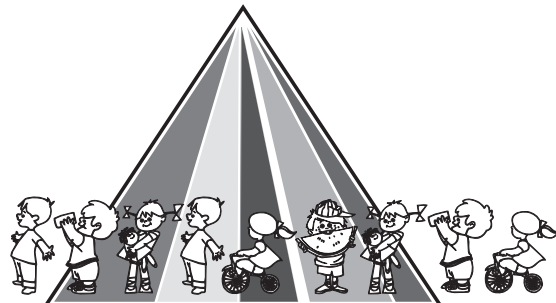
The National Women's Health Information Center, Office on Women's Health, U.S. Department of Health and Human Services. <http://www.womenshealth.gov/>.

Schofield, Marge. (1996). *Revitalize Your Staff*. In Eller, C. L. (Ed.), *School-Age Connections*. 5(3), (January/February), 5. Urbana-Champaign, IL: National Network for Child Care, University of Illinois Cooperative Extension Service.

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## Soup is on!

### Hot soup for cold days

Nothing warms us like a steaming bowl of soup when cold winter weather frosts our toes and noses.

Soup is a favorite comfort food for many people, and it can be a healthy choice for children and adults.

Soup can warm children after outside play on cool days. Be sure soups are served warm, but not hot enough to burn. And keep in mind that soups should be a consistency that is easy for young children to eat with a spoon.



### Variety and nutrition

Choose soup with a variety of veggies, dried beans, meat, poultry, or fish, and noodles, rice, or pasta.

Commercially prepared, canned soup is eligible for reimbursement, as long as it meets the CACFP meal pattern. Check in the Food Buying Guide for Child Nutrition Programs to be sure.

For example, a 1 cup serving of canned, ready-to-serve minestrone or vegetable soup is equal to 1/4 cup vegetable.

Be sure to read labels and choose soups low in sodium and fats.

Serve a sandwich or side dish that rounds out the menu to ensure that the meal pattern is met.

Using a standardized recipe when you make soup from scratch makes it easier to be sure you prepare a healthy dish that meets the children's needs as well as the CACFP requirements.

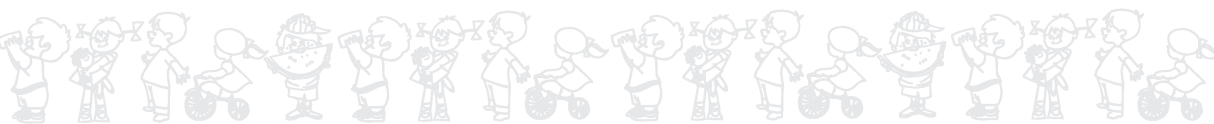
The USDA recipes for child care offer many different varieties of nutritious soups. Try some of these recipes with your children. They are sure to please little appetites on cold winter days.

- Bean Soup – H-08
- Beef Vegetable Soup – H-11A
- Beef Vegetable Stew – D-16 (Hearty enough to be a main dish)
- Broccoli Cheese Soup – H-05
- Chicken or Turkey Noodle Soup – H-10
- Chicken or Turkey Rice Soup – H-10A
- Chicken or Turkey Vegetable Soup – H-11A
- Chili Con Carne – D-25
- Cream of Vegetable Soup – H-09
- Vegetable Soup – H-11

### Using the *USDA Recipes for Child Care Online*

The USDA Recipes for Child Care are designed with the nutritional needs of younger children in mind. Each recipe includes a marketing guide and an analysis of nutrients per serving. The recipe also gives the meal component equivalent.

Print your favorites and put them in a binder for quick reference. Add your personal notes in the margins and white space.





# Mealtime Memo FOR CHILD CARE

## Broccoli Cheese Soup H-05

Chicken stock, non-MSG	1 qt ½ cup
Fresh carrots, ¼, chopped	3 cups
Fresh onions, chopped	1½ cups
Margarine or butter	2 oz
Enriched all-purpose flour	¾ cup 3 Tbsp
Lowfat 1% milk	2 cups
Salt	¼ tsp
Ground black pepper	⅛ tsp
Hot pepper sauce	⅛ tsp
Reduced fat Cheddar cheese, shredded	1 lb 3 oz
Frozen chopped, broccoli	1 lb



In a heavy pot, bring chicken stock to a boil. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown. Slowly add hot milk. Continue to whisk until smooth. Slowly add stock and vegetables. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally. Add cheese, whisking occasionally until cheese is melted. Add broccoli. Stir occasionally. Heat to 165° F or higher for at least 15 seconds. Hold for hot service at 135 ° F or higher.

Number of servings: 25

Serving size: ½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.



## Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Vegetable Soup – H-11A	Chicken Noodle Soup – H-10	Broccoli Cheese Soup – H-05	Chili Con Carne – D-25	Vegetable Soup – H-11
Corn Muffin – A- 02	Crackers	Tuna Salad	Crackers	Peanut Butter* & Jelly Sandwich
Cole Slaw – E-09	Lettuce and Tomato	Sandwich – F-11	Celery Sticks	Pineapple Chunks
Peaches	Apricots	Carrot Sticks with	Fresh	Milk (2% low fat)
Milk (2% low fat)	Milk (2% low fat)	Pears	Strawberries	
		Milk (2% low fat)	Milk (2% low fat)	

\* Sunflower butter may be substituted for peanut butter.

### Sources:

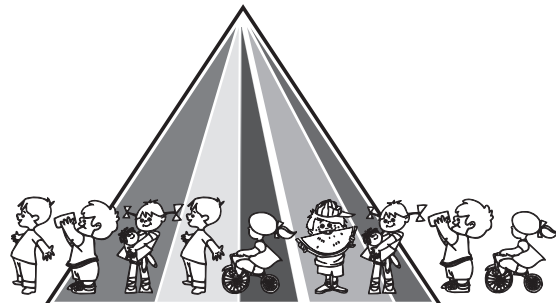
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## Hot Breakfasts

When the children arrive at the child care center or family child care home first thing in the morning, chances are good that they have not eaten since supper the evening before. Little children have small stomachs. They need to eat regularly for growth and learning.



Feeding them a nutritious breakfast is a great way to start the day off right for the children in your care. In cold weather, a hot breakfast is just the ticket.

### Breakfast - the most important meal of the day

We have often heard, and now years of research confirm, that breakfast is the most important meal of the day. Eating a nutritious breakfast fuels the children's bodies for learning and play.

We know when children get hungry they can be irritable, have a hard time focusing, and act out in a number of ways.

Getting into the good breakfast habit early can help prevent overweight later.

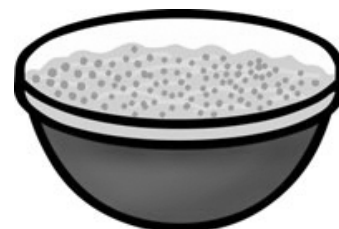
### The best kinds of breakfasts

The USDA Child and Adult Care Food Program (CACFP) breakfast meal pattern requires one milk (fluid), one fruit/vegetable (fruit, vegetable, or juice), and grains/bread such as bread, cornbread, biscuit, roll, muffin, cold dry cereal, hot cooked cereal, pasta, or noodles.

One good choice for a nutritious hot breakfast is oatmeal. Oatmeal has protein, fiber and other complex carbohydrates that give it staying power.

Other hot cooked cereals to try include cream of wheat, grits, and rice. Any of these cereals can be cooked ahead, if cooled properly, and warmed up for the morning meal.

Add flavorful and good-for-you toppings to a steaming bowl of hot cereal, or let the kids top their own!



Some toppings to try:

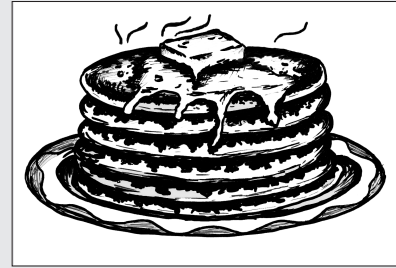
- low-fat yogurt such as strawberry or vanilla flavored
- slices of fruit like banana or strawberry
- brown sugar and cinnamon

Pancakes, biscuits, fresh baked muffins, and toast are other tasty ways to serve a hot breakfast.

# Mealtime Memo FOR CHILD CARE

## Pancakes A-12

Flour, all purpose, white, enriched	1 lb (3 ¾ cups)
Baking powder	2 Tbsp
Salt	¾ tsp
Instant nonfat dry milk	½ cup
Sugar	2 Tbsp 2 tsp
Fresh large eggs	5
Water	2 ½ cups 2 Tbsp
Vegetable oil	½ cup



Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl. Mix for 3 minutes on low speed. In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed. Do not overmix. Batter will be lumpy. Portion batter with level No. 20 scoop (3 ⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375 degrees F. (If desired, lightly oil griddle surface.) Cook until surface of cake is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute. Serve immediately.

Number of servings: 25

Serving size: 1 pancake provides the equivalent of 1 slice of bread.



## Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Applesauce (canned, unsweetened) Milk (2% low fat)	Cheest toast on whole wheat bread Sliced pears, fresh Milk (2% low fat)	Biscuit – A-09 Scrambled eggs Orange juice Milk (2% low fat)	Whole wheat English muffin, toasted Banana slices Milk (2% low fat)	Blueberry pancakes w/syrup Grape juice Milk (2% low fat)

### Sources:

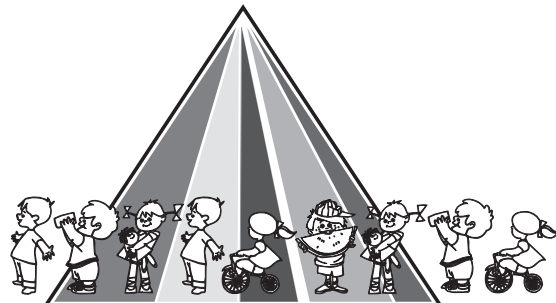
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U. S. Department of Agriculture, Food Nutrition Service. (2005). *USDA Recipes for Child Care*. Washington, D.C.: Author. Online at <http://www.nfsmi.org>.

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## Good Nutrition - What is it?

### What is good nutrition?

Good nutrition means getting the calories we need for energy and the nutrients we need for proper growth.

Variety, balance, and moderation are keys to good nutrition.



When young children are given a balanced variety of healthy foods, with moderate amounts of fat, sugar, and salt, they are learning good nutrition habits that can help lower the risk of overweight, heart disease, and even diabetes.

### Variety, Balance, and Moderation for Good Nutrition

A variety of foods, including vegetables, fruits, grain, and protein, is essential to make sure we get the full range of nutrients for good health.

Both the Child and Adult Care Program (CACFP) meal pattern and the MyPyramid for Kids Web site encourage eating a variety of foods.

The right balance of calories, protein, fat, carbohy-

drates, vitamins, and minerals provides energy and the variety of nutrients growing children need.

Limit foods that are high in fat, sugar, or salt, and do not provide important nutrients.

- Children younger than 2 need calories and fat to support rapid growth.
- Children over the age of 2 can be served low fat milk.
- By age 5, children should get no more than 30 percent of their daily calories from fat.

Serve tasty, fresh vegetables and fruits as snacks. Choose bright colored foods since they are often highest in nutrients such as vitamins A and C.



### What can be tastier than seasonal vegetables and fruit?

Why not enjoy fresh foods that are plentiful this season?

#### How about **Vegetables**

- broccoli
- carrots
- celery
- green beans
- lettuce
- onions
- peas
- potatoes

#### **Fruits**

- apples
- avocado
- blueberries
- grapefruit
- lemons
- oranges
- strawberries
- pears



# Mealtime Memo FOR CHILD CARE

## Yogurt Fruit Dip G-04\*

Lowfat vanilla yogurt  
Canned diced peaches, drained

1 qt 2 ¼ cups  
1 qt 2 ¼ cups (2 ¾ No. 2-½ cans)



In a bowl, combine yogurt and peaches. Stir to blend. Refrigerate until ready to serve. Portion with No. 10 scoop (3/8 cup).

Number of servings: 25

Serving size: 3/8 cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.



## Menus

A week's worth of fresh and tasty snack ideas!

Monday	Tuesday	Wednesday	Thursday	Friday
English muffin, plain toasted Apple juice	Banana slices Graham crackers Peanut butter Dip – G-01** Water	Fresh cantaloupe cubes Animal crackers Pineapple juice	Fresh grapes, halves Rice Krispy Treats Water	Fresh apple Yogurt Fruit Dip – G-04*

\* USDA Recipes for Child Care. Online at <http://www.nfsmi.org>.

\*\* Sunflower butter may be substituted for peanut butter.

March	April	May
American Red Cross Month	Week of the Young Child 4/2 - 4/8	Family Wellness Month
National Nutrition Month	[see NAEYC.org]	Cinco de Mayo 5/5
National School Breakfast Week 3/6 - 3/12	Easter Sunday 4/16	Mother's Day 5/14
First Day of Spring 3/20	Earth Day 4/22	Memorial Day 5/29

### Sources:

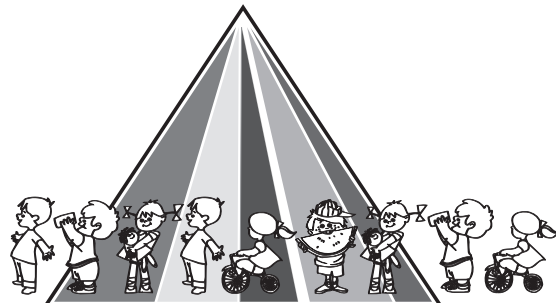
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## Introducing New Foods

### Variety For Good Nutrition

A variety of foods, including vegetables, fruits, grain, and protein foods, is essential to make sure we get the full range of nutrients for good health.

For young children, familiarity provides comfort. We know that children need to expand their menu vocabularies beyond macaroni and French fries.



However, it is likely that young children will need encouragement to try new foods.

As care providers we balance the need for familiarity with the need for variety.

### Tips For Introducing New Foods

Here are some pointers to remember when introducing new foods:

- Keep a relaxed attitude.
- Never insist that a child try a new food. Do not punish a child who refuses.
- Serve a new food several times so the children can become familiar with it.
- Start small. Serve a small portion of the new food.
- Serve a new food with a familiar food. Remember the balance between familiarity and variety.
- Eat the new food with them. Children will often eat foods they see familiar adults eating.

- Rather than ask if the children like a new food, ask them to describe how it tastes. Does it taste salty? sweet? sour?
- Get the children involved. Plan an activity around the new food.



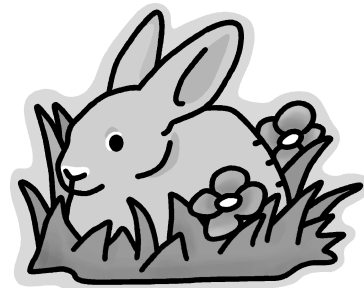
### Peter Rabbit Tasting Party

Take a head of cabbage, and cut a flat surface on the bottom.

Scoop out the inside to create a bowl for vegetable dip. Decorate one end as a rabbit's face with fruits and vegetables. Remember floppy ears!

Serve an assortment of vegetables and fruits, with lowfat dips. For an easy dip for fresh vegetables, combine lowfat plain yogurt with salad dressing or mayonnaise and season to taste.

Read *The Tale of Peter Rabbit* by Beatrix Potter while the children enjoy the fruits and vegetables. Talk about how a variety of fresh vegetables and fruits help provide building blocks for a healthy body and energy to play.



Source: *More Than Mudpies*, p. 102.



## Introduce A New Food Kiwi Fruit (or Chinese Gooseberry)



A fun and unusual fruit to share with children is the kiwi. Once exotic and expensive, the kiwi fruit or Chinese gooseberry is now grown in California as well as New Zealand. This makes it available year-round and less expensive.

The kiwi has fuzzy brown skin and bright green flesh. It is native to New Zealand and is named after that country's national bird. The kiwi is one of the most nutrient-dense fruits, comparable to papayas, mangoes, and oranges. It is high in vitamins C, B<sub>6</sub>, and folic acid, and is a good low-fat source of vitamin E. It is high in magnesium and potassium, and low in sodium. The taste of the kiwi fruit has been described as a cross between strawberries and melons.

Kiwi fruit can be peeled with a vegetable peeler or sharp paring knife, and sliced thin or diced. When the soft fuzz is gently scrubbed away, it can be eaten skin and all like a peach or apricot. Cut the freshly scrubbed kiwi in half crosswise or lengthwise to eat the soft green flesh with a spoon.

Introduce kiwi with strawberries, bananas, and melons for breakfast, lunch, or snack. Layer sliced fruit with lowfat yogurt and top with a garnish of kiwi slices for a Mother's Day or Father's Day treat.  
<http://www.kiwifruit.org/>.



### Events for May and June

May	June
Family Wellness Month	Children's Awareness Month
Cinco de Mayo 5/5	Dairy Month
Mother's Day 5/14	National Hunger Awareness Day 6/6
	Father's Day 6/18
Memorial Day 5/29	First Day of Summer 6/21

#### Sources:

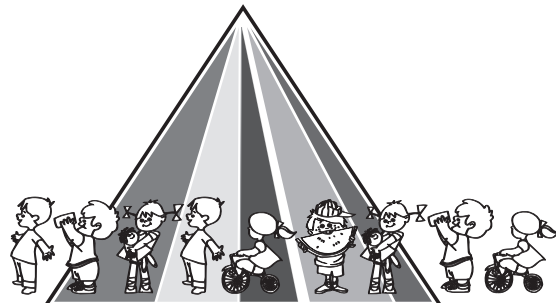
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## Fruits and Vegetables - A Rainbow of Choices

### Fruits and Vegetables

Fruits and vegetables provide vitamin A, the B group, and C, as well as minerals, dietary fiber, carbohydrates, and other nutrients our bodies need to grow, to play, and to learn.



No one food or food group provides all the nutrients our bodies need, so eating a variety of foods is important.

### The ABC's of Good Nutrition

Carbohydrates, protein, and fats provide energy and building blocks for a healthy body. Vitamins help our bodies use these nutrients.

- Vitamin A keeps eyes and skin healthy, and it strengthens the immune system. You can find vitamin A (beta-carotene) in orange and yellow vegetables such as carrots and yams and green leafy vegetables such as spinach and lettuce.
- The B vitamins help produce energy and aid brain and nerve function. B vitamins can be found in green leafy vegetables such as spinach and mustard greens, and in asparagus, broccoli, and cauliflower.
- Vitamin C helps fight infections like colds, and it helps cuts and other injuries heal.



We know that oranges and other citrus fruits are an excellent source of Vitamin C. It is also plentiful in kiwi fruit, strawberries, cantaloupe, tomatoes, broccoli, cabbage, brussels sprouts, potatoes, and leafy greens such as lettuce and spinach.

Most fruits and vegetables are delicious uncooked or lightly steamed. Overcooking and soaking in water will lower the amount of vitamins. Treat them properly.



Choose fresh fruit more often than fruit juice to get the additional nutrients in the flesh of the fruit and less sugar.

### A Rainbow of Choices

Brightly colored fruits and vegetables generally have more nutrients.



Choose red tomatoes and strawberries, orange carrots and yams, yellow squash and lemons, and deep green leafy vegetables like spinach and turnip greens. Include blueberries, and purple eggplant and plums for a rainbow of good food.

- Use pictures of fruits and vegetables to teach colors.
- Serve fresh fruit as dessert or snack.
- Read a colorful picture book like *Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert.

# Mealtime Memo FOR CHILD CARE



## Banana Berry Blend

1 lb. 8 ¾ oz. bananas  
1 lb. 12 oz. strawberries, frozen, sweetened, sliced

Peel and slice bananas. Combine frozen strawberries and sliced bananas. Cover and chill.

Portion with No. 16 scoop (¼ cup serving).

Number of servings: 25  
Serving size: ¼ cup



## Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna – D-19* Green salad w/tomato wedge & shredded carrots Banana Berry Blend French bread Milk (2% low fat)	Mexican Pizza – D-13* Mexicali Corn Fresh apple slices Milk (2% low fat)	Turkey & Noodles – D-17* Crackers Green beans Peach slices, canned Milk (2% low fat)	Mexican Chicken w/Rice – D-6A* Mixed vegetables Fresh strawberries Milk (2% low fat)	Beef & Spaghetti Casserole – D-3* Cole slaw Pear half, canned Texas toast Milk (2% low fat)

\* USDA Recipes for Child Care. Online at <http://www.nfsmi.org>.

May	June	July
Family Wellness Month	Children's Awareness Month	Blueberries Month
Cinco de Mayo 5/5	Dairy Month	Fourth of July
Mother's Day 5/14	National Hunger Awareness Day 6/6	National Ice Cream Day 7/16
National Salsa Month	Father's Day 6/18	Parent's Day 7/23
Memorial Day 5/29	First Day of Summer 6/21	

### Sources:

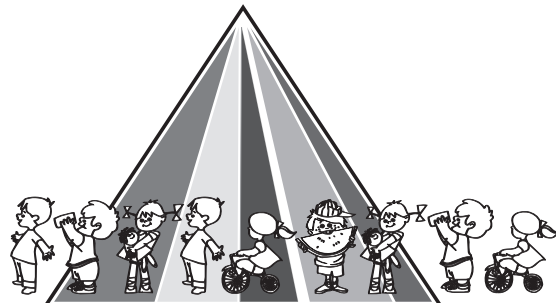
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## Dairy Foods for Strong Bones and Teeth

### Strong Bones and Teeth Need Calcium

Young children need calcium to build strong bones and teeth. Their bodies also need calcium for healthy blood pressure, regular heartbeat, and strong muscles.



Childhood is the time to build healthy bones since the ability to store calcium decreases as we age.

The *Dietary Guidelines for Americans* reported that most children need more calcium.

### Dairy Foods are Good Sources of Calcium

Dairy products like milk and yogurt have the greatest amount of calcium per serving.

- An 8 oz container of non-fat plain yogurt has 452 mg calcium and 127 calories.
- One cup of skim milk provides 306 mg calcium and has only 83 calories.
- One cup of 2% reduced-fat milk provides 285 mg calcium and has 122 calories.
- One cup of whole milk has 276 mg calcium and 146 calories.



Low-fat and fat-free milk and dairy foods provide just as much calcium as whole milk with less fat and fewer calories.

Milk and dairy foods are also good sources of protein, vitamin D if fortified, and minerals such as phosphorus and magnesium.

### Serving of Dairy Foods Recommended for Children

According to the *Dietary Guidelines for Americans*, children need several servings of milk and dairy foods every day.



- Children 2 to 8 years old should get 2 cups per day of fat-free or low-fat milk or equivalent milk products.
- Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

Children 1 to 2 years old should be served whole milk, rather than low-fat or fat-free.

Yogurt or lactose-free milk can be served to children who may be allergic to milk or lactose-intolerant.

Non-dairy sources of calcium include:

- Fortified cereals
- Fortified soy or rice beverages
- Dark leafy greens
- Broccoli
- Dried beans
- Salmon and sardines with small bones





# Mealtime Memo FOR CHILD CARE

## A Fun Activity to do with Kids! Homemade Ice Cream

Make Ice Cream – *More Than Mudpies*, p. 147

Things You'll Need: crushed ice, rock salt, dry measuring cups and spoons for stirring, large bowl, ice cream machine



### Ingredients:

2 cups of sugar

2 boxes (3.75 oz) instant pudding

2 cans (12 oz) evaporated skim milk

2 Tbsp vanilla

2 quarts reduced fat milk

Things You'll Do: In a large bowl, combine sugar and dry pudding mix. Stir to blend. Gradually add evaporated skim milk. Stir in vanilla. Add reduced fat milk. Mix well. Pour into freezer container. Freeze in ice cream machine following manufacturer's directions (teacher's task).

## Menus for Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Whole wheat toast Sliced peaches, canned Milk (2% low fat)	Cherrios® cereal Whole wheat toast Orange juice Milk (2% low fat)	Cheese toast Apple juice Milk (2% low fat)	Cinnamon Toast Crunch® cereal Whole wheat toast Diced pears, canned Milk (2% low fat)	Bagel Low-fat cream cheese Banana chunks Milk (2% low fat)

## Events in June, July, and August

June	July	August
Dairy Month	Blueberries Month	Family Meal Month
Children's Awareness Month	Fourth of July	Elvis Week 8/8-16
National Hunger Awareness Day 6/6	National Ice Cream Day 7/16	Best Friends Day 8/15
Father's Day 6/18	Parent's Day 7/23	Sandcastle Day 8/17
First Day of Summer 6/21	National Baby Food Week 7/18-22	Children's Day 8/26

### Sources:

National Food Service Management Institute. (2004). *More Than Mudpies: A Nutrition Curriculum Guide for Preschool Children* (4<sup>th</sup> ed.). University, MS: Author. Available online at <http://www.nfsmi.org>.

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